

FLÖRIDA

newsletter

Vol. XVI, No. 2

Local Masters Swim Committee, Inc.

May 1999

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The FLORIDA NEWSLETTER
is published Quarterly
in
Feb., May, Aug., Nov.
by

Florida Local Masters Swim Committee
1116 44th Ave. N.E.
St. Petersburg, Florida 33703



**Larry Buckley, Lane Hudson,
Mike Scott, & Brian Starford**



Photo by James M. Donnelly



**Olympian & Master Swimmer
Jon Olsen
Competes in St. Pete Meet**

DISTANCE MATTERS

by Ron Collins

CALENDAR of EVENTS

- 5/13/99- 1999 USMS SC Nationals - Santa Clara, CA
5/16/99 SCY; Alma Guimarin, 2150 Paseo Del Oro, San Jose, CA 95124, 408-947-2298(d), 408-371-4488(e), <mailto:aguimarin@aol.com>;
<http://www.santaclaraswim.org/nationals.htm>
- 5/15/99 Lean Cuisine Ocean Mile Series - Crescent Beach - St. Augustine, FL
OW; Sean Black - ESM, Inc., 1060 Holland Drive, Suite 3L, Boca Raton, FL 33487; 888-ESM-SPORTS, <http://www.exclusivesports.com/swim.html>
- 5/15/99- 1999 USMS 5 & 10 K Postal Championship
9/30/99 PST-LD; Jane Moore, 1867 56th St NE, Tacoma, WA 98422-1517, 253-925-0803, <mailto:swimjane@usms.org>
- 5/22/99 2.4 Mi Rough Water Swim - St. Pete Beach, FL Sanctioned by Florida LMSC #149-001
OW; Bruce Day, 8237 35th Ave North, St. Petersburg, FL 33710 727-345-1629(e)
- 6/5/99 Long Course Meet - Delray Beach, FL
LCM; Scott Barlow, c/o Aqua Crest Pool, 2503 Seacrest Blvd, Delray Beach, FL 33444, 561-278-7174
- 6/6/99 Developmental Meet - St. Petersburg, FL Sanctioned by Florida LMSC #149-013
LCM; Harold Ferris, 1116 44th Ave NE, St Petersburg, FL 22703, 813-896-0250
- 6/12/99 The Victor 12.5 Mi Swim Around Key West - Key West, FL
OW; Randy Nutt, 2857 N W 91 Ave, Apt 101, Coral Springs, FL 33065, 800-356-5132(w), 954-755-3318(h), <mailto:nutt1@mindspring.com>;
http://activeUSA.com/usa/events/detail.cfm?sjd=10&type=Event&E_ID=3215&Rid=1&Pstate=Master&name=Southeast
- 6/12/99 Lean Cuisine Ocean Mile Series - Davis Island, Tampa, FL
OW; Sean Black - ESM, Inc., 1060 Holland Drive, Suite 3L, Boca Raton, FL 33487; 888-ESM-SPORTS, <http://www.exclusivesports.com/swim.html>
- 6/19/99- SWIM Florida Long Course T-shirt Meet - Sarasota, FL Sanctioned by Florida LMSC # 149-009
6/20/99 LCM; Bob Coulter 3145 Paar Circle; Port Charlotte, FL 33981; 941-697-5239(e), 941-426-5121(fax), http://home.att.net/~dixiezone/dp_meets.htm
- 6/26/99 Lean Cuisine Ocean Mile Series - Cypress Gardens, Winter Haven, FL
OW; Sean Black - ESM, Inc., 1060 Holland Drive, Suite 3L, Boca Raton, FL 33487; 888-ESM-SPORTS, <http://www.exclusivesports.com/swim.html>
- 7/10/99 Lean Cuisine Ocean Mile Series - Oleta River State Park - North Miami, FL
OW; Sean Black - ESM, Inc., 1060 Holland Drive, Suite 3L, Boca Raton, FL 33487; 888-ESM-SPORTS, <http://www.exclusivesports.com/swim.html>
- 7/10/99 1999 USMS 2-Mile Cable Championship - Charlottesville, VA
OW; Joyce Mullins, 3104 Waterton Dr, Midlothian, VA 23113, 804-323-0483, 804-323-9020(fax), <mailto:mullpost@ix.netcom.com>
- 7/16/99- Long Course Championships - St. Petersburg, FL Sanctioned by Florida LMSC #149-011
7/18/99 LCM; Harold Ferris, 1116 44th Ave NE, St. Petersburg, FL 33703 727-896-0250
- 7/17/99 1999 USMS 1-Mile Open Water Championship - Seal Beach, CA Sanctioned by SP for USMS #339-052
OW; Marianne Huntley, 144 Rivo Alto Canal, Long Beach, CA 90803, 562-438-8468
- 7/30/99- Dixie Zone LCM Champs - Baton Rouge, LA
8/1/99 LCM; Scott Rabalais, 3537 Christina Ave, Baton Rouge, LA 70820, 225-769-4323(w), 225-766-5937, scottrabalais@compuserve.com
- 7/31/99 Lean Cuisine Ocean Mile Series - Birch State Park - Ft. Lauderdale, FL
OW; Sean Black - ESM, Inc., 1060 Holland Drive, Suite 3L, Boca Raton, FL 33487; 888-ESM-SPORTS, <http://www.exclusivesports.com/swim.html>
- 8/1/99 Developmental Meet - St. Petersburg, FL Sanction pending
LCM; Harold Ferris, 1116 44th Ave NE, St Petersburg, FL 22703, 813-896-0250
- 8/1/99 1999 USMS 2-Mile Open Water Championship - Cleveland, OH
OW; Maureen Koss, 3400 Wooster, #215, Rocky River, OH 44116, 216-333-7521, <mailto:Koss7521athome@juno.com>
- 8/7/99 Jacksonville Beaches 1.25 and 2.5 mile swims - Jacksonville, FL
OW; Mike Castle <mailto:mcastle888@aol.com>
- 8/19/99- 1999 USMS LC Nationals - Minneapolis, MN
8/23/99 LCM; Paul Windrath, 2612 Eunice Ave, Red Wing, MN 55066, 612-388-8524, <mailto:pwindrath@compuserve.com>
- 8/21/99 Lean Cuisine Ocean Mile Series - Siesta Key Beach - Sarasota, FL
OW; Sean Black - ESM, Inc., 1060 Holland Drive, Suite 3L, Boca Raton, FL 33487; 888-ESM-SPORTS, <http://www.exclusivesports.com/swim.html>
- 8/29/99 Florida Gold Coast Open Water Swimming Championships- Key West, FL Sanction pending
OW; Randy Nutt, 2857 N W 91 Ave, Apt 101, Coral Springs, FL 33065, 800-356-5132(w), 954-755-3318(h), <mailto:nutt1@mindspring.com>
- 9/1/99- 1999 USMS 3000 & 6000 Yard Postal Championship Sanctioned by FL LMSC #149-008
10/31/99 PST-LD; Margie Huntinger, 1755 Georgia Ave NE, St. Petersburg, FL 33703, 727-521-1172 <mailto:phut@usms.org> home.att.net/~dixiezone/dp_meets.html
- 9/5/99 Lean Cuisine Ocean Mile Series - Marsh Harbor - Abaco, Bahamas
OW; Sean Black - ESM, Inc., 1060 Holland Drive, Suite 3L, Boca Raton, FL 33487; 888-ESM-SPORTS, <http://www.exclusivesports.com/swim.html>

- 9/6/99- 1999 Latin American & Caribbean Masters Championships - Ft. Lauderdale, FL
 9/11/99 LCM; Craig Mackay, 16931 NW 83rd Ave, Miami, FL 33016, 305-821-7372(fax), latycar99@aol.com; David Morrill, jostens@cantv.net; Open to masters 25+ born or residing in a Latin American or Caribbean country; www.latycar.org
- 9/11/99 Delray Beach, FL, Sanctioned by Florida Goldcoast #509-005
 SCM; Scott Barlow - Aqua Crest Pool, 2503 Seacrest Blvd., Delray Beach, FL 33444; 561-278-7341
- 9/18/99 Lean Cuisine Ocean Mile Series - Pennekamp State Park - Key Largo, FL
 OW; Sean Black - ESM, Inc., 1060 Holland Drive, Suite 3L, Boca Raton, FL 33487; 888-ESM-SPORTS, <http://www.exclusivesports.com/swim.html>
- 9/25/99 1999 USMS 8.5-Mile Open Water Championship - Catalina Is., CA; Sanctioned by SP LMSC
 OW; Bonnie Adair, 2310 29th St, Santa Monica, CA 90405-2010, 310-451-6666(w), 310-390-8293(h);
- 9/26/99 1999 USMS 5K Open Water Championship - Catalina Is., CA; Sanctioned by SP LMSC #339-056;
 OW; Tom Katsouleas, 20452 Pacific Coast Hwy, Malibu, CA 90265, 801-456-3657; 1 Mi Sprint Swim held at same time. Entry deadline 9/23/99
- 10/1/99- Bermuda Masters SCM Swim Meet and Open Water 2k, 4k, 7.25k & 10k - Harrington Sound, Bermuda
 10/3/99 SCM & OW; Duncan Newby send <mailto:dnewby@jbl.bm> or <mailto:knsley@northrock.bm>
- 10/9/99- Team Orlando Masters Short Course Meters Championships - Orlando, FL Sanction pending
 10/10/99 SCM; Larry Peck, 5625 Satel Drive, Orlando, FL 32810 407-647-7793 Send your <mailto:lpeck@juno.com>
- 10/16/99 Lean Cuisine Ocean Mile Series - Beach Deck Pavilion - Jekyll Island, GA
 OW; Sean Black - ESM, Inc., 1060 Holland Drive, Suite 3L, Boca Raton, FL 33487; 888-ESM-SPORTS, <http://www.exclusivesports.com/swim.html>
- 10/25/99- National Senior Games - Orlando, FL
 10/29/99 LCM; National Senior Games, 445 N Boulevard, Suite 2001, Baton Rouge, LA 70802, 504-379-7337, ngsa@idismail.com; Ages 50+
- 10/24/99 The Victor 5 Mi St. Croix Coral Reef Swim - St. Croix, U.S.V.I.
 OW; Randy Nutt, 2857 N W 91 Ave, Apt 101, Coral Springs, FL 33065, 800-358-5132(w), 954-755-3318(h), nutt1@mindspring.com; Online entry available at www.ActiveUSA.com
- 10/31/99 Delray Beach, FL, Sanction pending
 SCM; Scott Barlow - Aqua Crest Pool, 2503 Seacrest Blvd., Delray Beach, FL 33444; 561-278-7341
- 11/13/99 The Clearwater Beach Rotary Club Mile Swim
 OW; Ron Collins 1920 Cobblestone Way, Clearwater, FL 33760, 727-535-4067(e), 727-578-2663(d), <mailto:rcollin3@tampabay.rr.com>;
<http://home.tampabay.rr.com/swimming>
- 12/3/99- Dixie Zone SCM Championships - Coral Springs, FL
 12/5/99 SCM; Jonathan Coyle, 9022 NW 28th Dr, #203, Coral Springs, FL 33065, 954-340-5508

Florida Grand Prix Open Water Poll May 1999

1. Mio Vasic	Ft. Lauderdale	1. Bambi Bowman	Miami
2. Danny Chocron	Tallahassee	2. Briley Bergen	Plant City
3. Bobby Langsett	Ft. Lauderdale	3. Dawn Heckman	Gainesville
4. Chris Derks	Miami	4. Andi Scelsci	Plantation
5. Gary Kovaks	Brandon	5. Jamie Lee Johnson	Miami

Others receiving votes: Rick Walker, Lucky Meisenheimer, Tim Kennedy, JoAnn Harrelson, Samantha Lehman, Bruce Anderson, Rose Rice, Liz Dwors, Andrea Nauta, Cathy Mancino, John Andrews, Bill Zinga, Bill Korey, Kurt Wienants, Joel Burns, Jan Herre, Laura Cross, JP McCroan, David Boudreau, Gail Rice, Gerry Teeven, John Ceraolo.

The Inaugural Tampa Bay Marathon Swim

ST. PETERSBURG, FL – Tell somebody you plan to swim the length of Tampa Bay and they undoubtedly will ask about sharks. "You hear that every time," said Bambi Bowman, a 28-year-old from Miami as she prepared to enter the water for the inaugural Tampa Bay Marathon Swim. "Sharks just come with the territory."

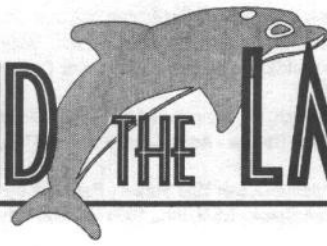
But when it was over, things far less dramatic – wind, waves and cool water – posed the greatest challenges to the 16 solo swimmers who set out Thursday morning to conquer Tampa Bay. "It was rough out there," said Finlay Macadam, who came from Grand Cayman Island to swim the 24-mile race. "I started getting seasick." A strong south wind whipped the water as the odd group of swimmers left Holiday Inn Sunspree Resort near the Sunshine Skyway bridge and set off for Whiskey Joe's, a restaurant on the Courtney Campbell aueway. The distance is approximately 2 miles longer than the English Channel.

The event drew a mixed crowd. Swimmers such as Bowman and Chris Derks, a 28-year-old forensic chemist from Miami, were seasoned competitors. Others, such as Hal Clarendon, a writer from Gainesville, didn't know what to expect. "I've been training in a pool," he said before departing shortly after 7 a.m. "I just hope I don't swallow too much salt water." The temperature eventually did in Clarendon. "They said it was 75 degrees, but it felt more like 71," he said after dropping out at 12 miles. "But I came and tried, that is what is important." Macadam agreed about the temperature: "Cold, too cold."

Derks found the conditions ideal. Having completed the New York City Marathon (28 miles) and the Atlantic City Ocean Marathon (10 miles), Derks is used to cold water. "The first two hours were the hardest," he said after crossing the finish line in 8 hours, 23 minutes, breaking the course record. Each solo swimmer, and those participating in the three, three-person relay teams, had paddlers in sea kayaks to provide logistical support. Tampa BayWatch, the environmental group that benefited from the swim, had its natural gas-powered boat on the water to help keep the swimmers safe. Randy Nutt, a race organizer and accomplished competitor, said the Tampa Bay Marathon Swim will be a welcome addition to the national open-water circuit. "People will love this," he said. "The trick is not to "race" it. Just get into a rhythm, relax and swim."

– Terry Tomalin – St. Petersburg Times

NEWS FROM AROUND THE LMSC



T-BAC TAMPA BAY AQUATIC CLUB

9 year old record crumbles; coach needs new glasses to see correct team scoring..... Team T-Bac put together 41 swimmers to compete in the

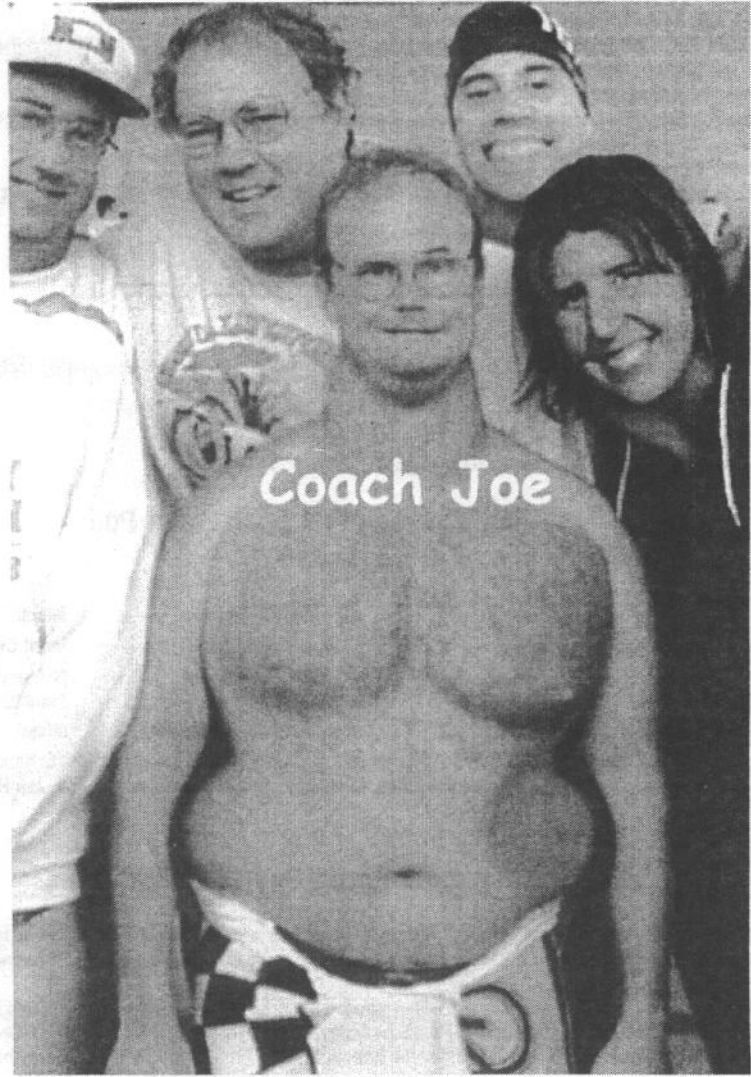
Clearwater Valentine meet in April. It wasn't easy getting everyone's schedules to work, but all were present. **Our 35+ mens relay set two state records**, the freestyle record crushed the old record of nine years and the medley relay just beat out the state record. This group of maroons included **Larry Buckley, Lane Hudson, Mike Scott, and Brian Starford.**

As a team we finished securely in second place, behind the always looming St. Petersburg Masters. **Coach Joe** could be heard in between his tough swims ..." Come on now , no one scratches any events." And with one event to go in the meet (the 500 freestyle) , Joe rounded up all the 17 aching bodies entered in the last event and said, " We need everyone to swim, we are within range to catch first place overall, according to my calculations." With those words from our leader all loyal believers swam the event for pride except for two people who shall remain nameless (Martha and Missy) . Two and a half hours later as the meet winded down and results were announced that team T-Bac was second by about 450 points, suspicions, acquisitions and finally revenge was due our dedicated distance

swimmers...Coach Joe , pictured below caught in a large, large white lie.

All in all it was a great meet for our team.... we had many outstanding swims. High point winner included..Tiffany Terrigno, Clara (I dont like meets) Booth, Carol (I cut my own hair) Carter, Ingrid (I

swim every event) Archer, Tom (the man of the meet) Rawls, Joe (liar) Solak, Lane (I swim faster in practice) Hudson , Brian (I dont need any swim practice) Starford , Mike (can't swim over 100 yds) Scott, Frank (beer diet) Wattenbarger, George (pfizer) Brick, and Steve (outside lane leader) Holcomb.



We would like to recognize one of you swimmers as one of the greatest women marathoners and triathletes in the state.....Martha Vidal, she finished tops in the Great Floridian Iron Man Triathlon, and The Tallahassee Marathon. What an incredible feet....(great pun)..

she will also be competing in the Boston Marathon and the Iron Man in Hawaii.

Look for the First Annual TBAC Invitational coming this late Fall...should be a great event.

Mike Scott ■

BRAT Masters

Our 1650 Postal Swim occurred 4 days too late for the Feb Deadline, but it is still noteworthy that

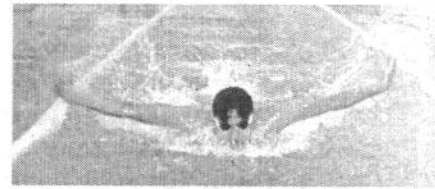
David Darst, 55-59 age group, surpassed his 1st place time in the 50-54 age group from last year.

Sorry we couldn't get it in David, but you were fast!



David Darst

his first comeback, winning the National Championships in Taiwan in the 50 and 100 fly, setting a National record in the 100. After this successful summer, he decided to return to FSU swimming for his senior year, looking to compete for a spot on a sprint relay



Nei-quan Chia

that was sure to place high at NCAA's. However, in October, he seriously injured his back during practice-running stadium steps with FSU swim team. Shortly thereafter, he was cut! (*couldn't contribute to the team.*)



Jim Simpson

Along with David's 21:22, **Jim Simpson** (39) also set a new team record at 10:07.



David "Rip" Van Winkle wakes up to give us a work-out every day

After some healing time, Nei-quan re-dedicated himself to swimming, even though it meant swimming on his own. He had his sights set on returning to Taiwan to recapture his National Record in the 100 fly, using Masters swimming as an avenue to get back into competition.

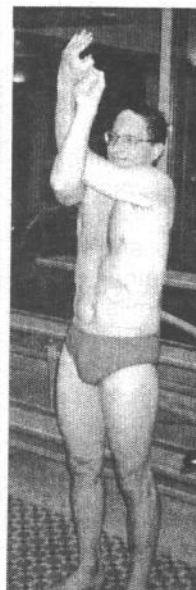
Our usual D-girls, **Karen Sadler and Wanda Brown** took the year off.



Karen Sadler & Wanda Brown

was sidelined much of Feb and into March with illness.

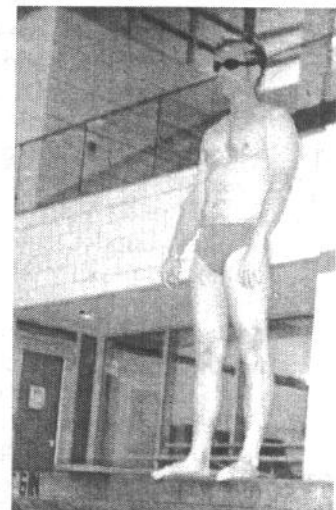
Kudos to **Dave Van Winkle and Jim Simpson** who all took the challenge to complete all the events, swimming not only the Distance free, but also completing the 400 IM, the 200 Fly, Back, and Breast. **Randy Murrell** was on track to go this route as well, but



Randy Murrell

Then, 1 week before the St. Pete Meet, Taiwan's Nationals were cancelled, mostly due to tensions with China. With the wind taken out of his sails,

Nei-quan still pulled it together for his best time in 2 years in St. Pete, in the 100 fly--and very close to his best time ever in the event.



Glen Woodsum "The Thinker" visualizes before practice.

Great effort under trying circumstances over a long period of time. *Many kudos to Nei-quan!*

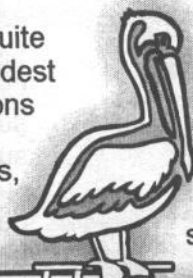
St. Pete Results:

Nei-quan Chia set a new zone record in the 100 fly at 50.79, completing his best swim since embarking on a difficult comeback trail. His story is an interesting one. Two years ago, he retired, having had enough of being re-made from a sprint freestyler into a 200 flyer. Last summer he made

Bob Ruth ♦

ONE BIG HAPPY FAMILY

Our family is large (207 members) and quite diverse. Our youngest is 19 and our oldest is 87. Many professions and occupations are represented in our family: doctors, nurses, lawyers, teachers, airline stewardesses, students, realtors, printers, stockbrokers, CPAs, housewives, retirees, etc. Our family is held together by love: love of swimming and love for our coach, **George Bole**. Each day after practice we go our separate ways. But when someone on the team is in need, the cards, phone calls, visits, etc. Start flowing. The outpouring of love that was evidenced when we heard George needed bypass surgery was unbelievable. Between 120 and 130 of our swimmers gave money to be used towards George's medical expenses. We called everyone when we said we needed money. Altogether we



SPM

ST. PETE MASTERS

raised about \$20,900. The age group team, **St. Pete Aquatics**, also helped to raise some of this money. The doctors and most of their charges. This enabled us to pay George's medical expenses in England, where he had the surgery. George used some of his savings, too. George feels he can never thank us adequately, but this is only a small way for us to show him how much we appreciate all that he has done for us over the years. We are very fortunate, indeed, to have George as the Head of our family. George had the bypass surgery in England on April 1. He is doing very well and is looking forward to returning to his American family in late May.

Sandy Steer ■



CAT MASTERS

Our mighty band of 5 women and 9 men represented CAT Masters at the 29th Annual St. Pete Masters Meet, April 9-11th. Awesome performances by the group earned us a third place finish for visiting team award out of 30 teams present. Coach Kelley Allen dominated the very competitive 35-39 age group for high point honors with Ron Collins coming in a respectable third. Joan Campbell won high point in the women's 65-69 age group with 92 points. David Gifford took third in the mens 55-59, while juggling his teaching duties along with the meet. Don Pulchalski, in his very first masters meet was impressive with a fourth place in the 60-64 age group. Jean Tsagaris had help from her daughter Julianne (Jr. Coach) to turn in all personal best times. Former olympian Jon Sakovach turned in the fastest mile of the meet with a smoking 17:11.54 just shy of the LMSC record. Our relays were fun too - Liz Wood and Roy Ward were instrumental in getting those in the works and along with the camaraderie, the 34 points were a difference between 3rd and 4th place in team points.

Looking forward to a busy summer long course season, with some open water swims that a lot of the CAT Masters crew will participate in. Coach Kelley Allen is already training the team for what will be challenging competitions. Good luck to all of you, especially those who like to swim with that "long black line" (sometime referred to as our security blanket).

Three of our team will be off to Short Course Nationals in Santa Clara, CA in May. Alex Ramirez-Miller, Joan Campbell, and Margo Schneider will all be on the prowl at the four day meet starting May 12th. Best of luck to this small but powerful group!

Our sympathy to our teammate, Bob Laventure, whose wife passed away in March after a long illness. We all know what a loss this was for him.

•Lots of Florida masters are taking the plunge into open water swimming. Here are some tips to make your transition from the pool to the ocean, lake or river a little easier:

•**Find a safe place to practice**, a beach or lake with marked bathing areas and life guards is ideal.

•**Never swim alone**, I wouldn't swim alone and neither should you.

•**Energy conservation**, open water swims are much longer than pool swims-you need to use your energy wisely (A) slow down your kick-a six beat kick is great for a 100 free, but not for a three mile swim. (B) leave your pool stroke at home, keep your stroke long in front, but push out above the hip instead of the thigh, (C) good hip and shoulder rotation will help you save energy allowing you to slip effortlessly through the water.

•**Let your mind wander**. There is not a lot to think about out there, no walls, no lane lines, no screaming coaches, don't think about how far you have to swim, and **don't** think about sea creatures.

•**Practice sight breathing**, learn to sneak a peek every ten strokes or so and you'll stay on course. It is a different world out in the open water, follow these simple guide lines and you'll have success next time you head out to open water.

Kelley Allen, Coach CAT Masters

Swim Florida

S.W.I.M. Florida Masters know how to stay busy! Back in January, six team members participated in the 23rd Annual One-Hour Postal Swim. Congratulations **Gail Kolbe** (8th) with 4325 yds, **Adrienne Seal** (14th), **Jean Garbus** (13th), **Sylvia Eisele** (11th), **Rob Irving** (30th) and **Brian Worthington** (58th)! Together, they swam 23,695 total yards!

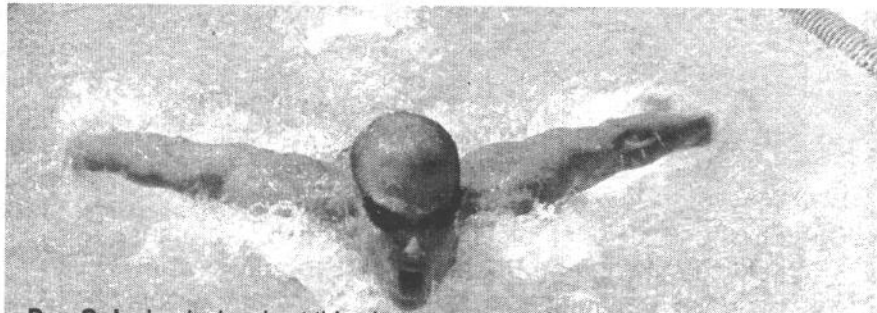
In February, at the Valentines Day Cat Masters¹ meet, S.W.I.M. Florida Masters placed 3rd out of 28 teams attending. **Michelle Sutton** and **Adrienne Seal** finished first and second in high point scoring in the 30-34 age group and **Liz Burchett** tied for first in 35-39 age group. The men first place high pointers were **Rob Irving** (25-29), and **Jim Redic** (50-54). **Deb Walker** (45-49), **Jean Garbus** (60-64) **Steve Grossman** (35-39), and **Robert Coulter** (65-69) all grabbed silver in high point scoring. Third place high point winners were **Pete Moe** (55-59) and **Sylvia Eisele** (65-69).

Though only ten swimmers entered the Hall of Fame Masters Challenge February 26th- February 28, in Ft. Lauderdale, they sure let their presence be known! **Michelle Sutton** (30-34) brought home six first place finishes, **Adrienne Seal** (30-34) three, **Martha Liggett** (25-29) two, **Martha Dodd** (40-44) three, and **Jean Garbus** (60-64) five. From the men, **Dean Mitchinson** (30-34) brought home one gold, **Kevin McCormack** ((45-49) two, **James Redic** (50-54) four, and **Bill Keenan** (55-59) carried home eight gold! At the short course championships in St. Pete on April 9-10, **S.W.I.M. Florida** placed first among visiting teams with 1292 points. Thanks to the 55 swimmers there, 66 new team records were set. Six men earned high point places: **Rob Irving** (1st in 25-29), **Brian Horne** (3rd in 25-29), **Dean Mitchinson** (3rd in 30-34), **Bill Keenan** (2nd in 55-59), **Dren Geer** (1st in 65-69), and **John Briggs** (3rd in 75-79). **Adrienne Seal** (30-34) took bronze high points, while **Lynn Cartee** (50-54), and **Jean Garbus** (60-64) both captured silver. Three new competitors on our team had terrific first meets. **Laura Dissington** won four gold and one silver, **Sharon Snew** earned a bronze finish, and **John Briggs** placed third in high points. Congratulations S.W.I.M. Florida!

Here's a terrific piece of triathlon news! **Marv Norin** was selected **All-American** by **Inside Triathlon**! He is ranked 10th in the 70-74 year old age group by

USA Triathlon!

Speaking of Top Ten, the list below is comprised of S.W.I.M. Florida swimmers who have TOP TEN TIMES in 1998 USMS competition. What a fantastic accomplishment! And the AA means they have THE Fastest time in the TOP TEN! !



Pop Quiz: Look closely at this photo...you can almost read his mind. What was All American Kevin McCormack thinking at the 75 yard mark of the 200 yard fly at St. Pete? A. Should I stop at the 100 yard mark? B. Should I get out at the 150 mark? C. Should I swim the whole race this time?

1998 USMS Top Ten

Larry Black (1-LCM, 4-SCM)
Liz Burchett (1-SCY, 4-LCM)
Lynn Cartee (8-SCY, 9-LCM)
Chris Connor (5-LCM, 4-SCM)
Bob Coulter (1-SCY)
Casey Clafin (4-LCM, 3-SCM) AA
Farrell Devlin (1-SCY)
Sylvia Eisele (11-SCY)
Jean Garbus (2-SCY, 1-LCM)
Dren Geer (4-SCY, 7-LCM, 10-SCM)
Edna Gordon (1-SCM)
Steve Grossman (2-SCM)
Rob Irving (1-LCM)
Gail Kolbe (2-SCM)
Kevin McCormack (2-SCY, 2-LCM, 2-SCM) AA
Doug Messineo (1-SCM)
Jim Redic (1-LCM, 1-SCM)
Adrienne Seal (1-LCM, 2-SCM)
Michelle Sutton (5-LCM)
Jack Thomas (4-LCM)
Mike Stollmeyer (2-LCM)
John Wagner (2-SCM)
Deb Walker (2-SCY, 7-LCM, 2-SCM) AA
Rick Walker (1-SCY, 5-LCM)
John Woods (6-SCM)

DON'T FORGET LONG COURSE T-SHIRT MEET

JUNE 19-20 at the Arlington Aquatic Complex in Sarasota! Check Dixie Zone meets page for more info (<http://home.att.net/~dixiezone>).

Additional information about club events, activities, birthdays, and records is on the club's web site at <http://home.att.net/~dickbrewer>.

Amy Rachman ■



A fine turn-out (16 members) entered the January 1999 USMS National Postal One-Hour Swim. We placed two swimmers in the individual swim and eight in the relays for TOP TEN recognition. Finishing 2nd of the 82 swimmers in the 19-24 age group, **Mandy Pagon**, 23, swam 4960 yds. , 73 placed 10th in the 70-74 age group. Mandy, **Al Rogerson**, **Barbara Waganaar & Tina Desalvo**, 19+ relay, as well as **Dick Robecki**, Al and **Phil Lindsley**, in the 65+ relay qualified for TOP TEN. Other SPCO swimmers competing were: **Lynne Scarlato**, **Angie Sinacore**, **Pete Turner**, **Tom Bliss**, **Carl Finney**, **Lauren Hardman**, **Bob Sigersmith**, **Lester Bell**, **Al Chipman**, and **Kurt Stafflevger**.

TOP TEN (scm) 1998: 5 in individual events...
 Bunny Cederlund, 76, 9 events (2 records)
 Tom Bliss, 44, 3
 Al Rogerson, 73, 2
 Dick Robecki, 69, 1
 Lester Bell, 1

8 members placed in six relays...
 (Angie, Nancy Mitts, Bunny, Lauren, Al R, Dick, Bob and Phil)
 Women: 200 F.R. (200+) 7th, 200 M.R. (200+) 3rd
 Men: 200 F.R. (280+) - 4th, 200 M.R. (280+) - 3rd,
 200 F.R. (Mixed 280+) - 5th, 200 M.R. (Mixed 280+) - 3rd

At the Hall of Fame Pool, Ft. Lauderdale, Mandy

Pagon and Tom Bliss had outstanding swims. Mandy registered 5 firsts in all of her swims (200 & 400 IM, 100 BK, 500 Fr and 100 BR). Tom had 9 firsts and one second in 10 events.

In February, Bunny, Al C., Al R, and Bob represented SPCO at the CAT Valentine's Meet. Bunny garnered 2 firsts, 2 seconds and a third in her one day outing. Al Chipman swam 9 events, while Al Rogerson swam 10. This was an historic moment for Al Rogerson...he recorded his 1,000th event swim for competition in Senior and Master's meets. Al's first swim, a senior's meet, was in April 1988. He joined SPCO shortly after and has been at it ever since!

Bob Sigersmith has an outstanding meet, with P.B.'s in all of his 4 events.

In late March, Mandy Pagon, a recent **Stanford U** swimmer, sustained an injury in the bicycle leg of her triathlon. Her left clavicle was fractured in a tumble with a mix up of bikes. Mandy, naturally upset that swim competition had to be curtailed for a while, has recently returned to the pool. With the use of a protective harness, Mandy works on her kicking drills. We look forward for Mandy's healing progress and return to her much loved pool activities.

Five of us (Tom, Carl Finney, Al R., Al C., & Bob) made the cross state trip to the St. Pete Meet. The two Al's and Bob swam the Friday distance events, with Bob taking 1st in the 1000 and Al C. And Al R. Placing 2nd in the 1650. Carl had outstanding swims in the highly competitive 40-44 age group. President Tom Bliss had another great meet for his 9 events (4 firsts, 5 seconds). His five seconds to Bill Specht, SPM, were of top caliper. Tom was second in high point, just one point behind Bill!

Al Rogerson ■

Team Orlando has enjoyed a quiet winter. Our swimmers have been training and increasing the population of Central Florida. We now have nine new mothers, almost enough to start their own team. So, when you come to Orlando, DON'T drink the water! We had 16 swimmers do the One-Hour Swim. Lucky Meisenheimer is almost finished with his Definitive book on yo yos. The



MASTERS SWIMMING

"Y" is still working on renovations and looking better all the time.

We have been told that the Senior Games are going to be held in Orlando this year, but no one has heard anything about this meet. Dot Donnelly wrote me and said that she just found out the order of events and that they have some strange age groups defined.

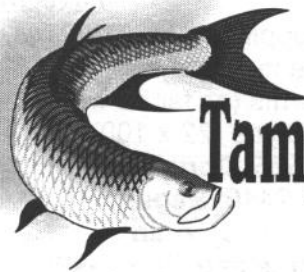
The Special Olympics team that we work with has started training for this year's season.

Larry Peck ■



The Tampa Tarpons finished up their short course season with a good turnout for the CAT Valentines Meet and the St. Pete Championships. We are especially proud of our triathletes Don Ardel and Keryl Martin who train with us and who competed in the distance events. Also, Coach Bret Hamlin garnered yet another high point award for the men's 35-39 age group at the St. Pete Meet.

The Tarpons will continue to practice at Central City YMCA in Tampa until May or June and then we will switch to our long course training at Bobby Hicks Pool for the summer and the upcoming long course meets.



Tampa Tarpons YMCA

We are ready and looking forward to our return to Key West for the annual Swim Around Key West; and this year we will have two six person relays and two brave soloists. We're hoping for low humidity and balmy temperatures; well okay, we'll settle for overcast skies. ■

Masters Swimming - Are You Ready For It? by Bambi Bowman

Two months ago I stood looking at a fifteen-year-old age-group swimmer, stunned and speechless at what he had just called me. Are you ready? He called me a....."MASTERS SWIMMER!"

Laugh if you must, but this remark hit me like a tidal wave. When did this happen to me? When did I cross the line from senior elite to Masters? Were there signs I had missed? What did this mean to my swimming career?

Ignore it - it will go away!

All of these thoughts raced through my mind while

looking at this youngster. Instead of trying to find an answer, I smiled and walked away. I decided to ignore it. Out of thought out of mind!

"Who knew old folks could be so fast!"

Does being a Masters Swimmer just go away? Of course not! Instead, I found myself facing ANOTHER age-grouper's query, which seemed even harsher, "Who knew old folks could be so fast?" This time, I found myself laughing instead of standing in another mind-numbing haze. After the laughter stopped, I still had to face the same dilemma as before. Too many questions and not enough answers. Then I realized the obvious; it's ridiculous to think that Masters Swimmers have to be slow.

(Continued on inside back cover...)



FLORIDA MAVERICK MASTERS

Eleven MAVERICKS began the competitive year by completing the One Hour Postal Swim.

Out of 87 small teams (13 or fewer swimmers), our team placed 11th, swimming a total of 30,090 yards. For some of us, to swim continuous freestyle without stopping, would not be productive. We've included the diverse techniques for our entrants (as far as we know): **Margie Hutinger**, 2265 yds (22 x 100 free @ 2:43); **Pat Bond**, 8th, 3525; **Doris Prokopi**, 2900; **Gladys Olsen**, 2440; **Regan Kenner**, 6th, 2675 (ALL breaststroke); **Alan Maloney**, 2965 (alternated 50 free and 50 breast); **Robert MacDonald**, 4th, 3450; **Robert Williams**, 2365; **Brud Cleaveland**, 6th, 2650 (a change from his usual sprints); **Frank Tillotson**, 8th, 2255 (500 free, the rest back, breaking @ each 500); **Dave Malbrough**, 2nd, 2600. In the 75+ age group, the Tillotson, Cleaveland, and Malbrough relay placed 1st.

Thirteen MAVERICKS celebrated Valentine's Day by swimming at the Clearwater Meet. The 200 Masters attending, were indeed grateful for being in an indoor pool, this chilly weekend. High point award winners included: Prokopi and Tillotson, 1st; **Jean Troy** and MacDonald, 2nd; and M. Hutinger, Bond, Olsen and Maloney, 3rd. Other swimmers participating were **Ferradji**, Vijil, Painter, Williams, **Luke** and **P. Hutinger**. Out of 28 teams, we finished a respectable 4th.

High point winners at the St. Pete Meet included Prokopi and **Frank Starr** in 1st place; Troy and Luke in 2nd place; Olsen and Williams in 3rd. M. Hutinger, Vijil and Maloney also swam. The Hutingers hosted the popular annual pizza party, Saturday, after the meet. The nine MAVERICKS finished 6th out of the 29 visiting teams.

An important aspect of Masters Swimming, is to

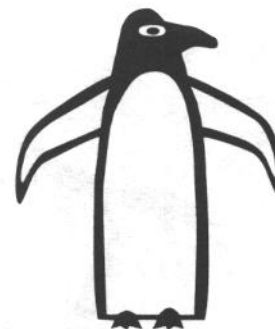


Margie Hutinger with an 18 lb barracuda, caught off Marathon Key on a Maverick snorkeling & fishing outing in the Keys.

Recognize swimmers for their achievements. This year, we selected a monogrammed denim shirt to honor our 5 ALL AMERICANS AND 11 Top Ten swimmers. The second annual **Spring Awards Dinner**, held at the Hutingers, featured delectable pork tenderloin, grilled by Margie, with tasty accompaniments supplied by the guests. **Elmer Luke** received the Coach's Award, a swim bag, for his outstanding swims at SCY Nationals in May, and further improvements at LCM Nationals in August, in spite of the challenges of Myositis, a progressive muscle weakening disease. All Americans included Regan Kenner, Paul Hutinger, Joe Kurtzman, Bob MacDonald, Dave Malbrough, with special recognition to newcomer, Jean Troy. Top Ten recipients were Brenda Ferradji, Bunny and Frank Havlicek, Margie Hutinger, Luke, Al Maloney, Gladys Olsen, Rich Olufs, Doris Prokopi, Frank Starr and Frank Tillotson, with special recognition to newcomers Brud Cleaveland, Aaron Kurtzman and Don McCullough. An 8 x 10 personal picture, with details of the event, was given to the World and National record setters, Kenner and Malbrough.

Paul Hutinger ■

Q **UESTION:** How can I improve my flip turn in a meet? Top swimmers have helped me in practice, and my turn improves. However, when I compete, I worry so much about missing it, I always mess up. B.D.



Ask the "Swimming" Doctor

by Dr. Paul Hutinger

A **nswer:** A swimmer posed this question to me at the April, St. Pete Meet. He is an experienced 70 year old, who swims the 50 yard free in 29.1. This is a classic example of a swimmer who prepares physically and technically for a skill, but uses negative thoughts to prepare mentally. The reader may remember my answer from last year, about using visualization techniques to prepare for the 100 IM, with the servo-mechanism in your brain and nervous system. Similarly, set your goal and use positive feedback to keep it on course. BD uses negative thoughts, saying to himself, that he will miss his turn. He always does and continues to worry about it.

Use the following suggestions, as BD is going to do, to accomplish your goal, a perfect flip turn in a meet (or whatever you want to correct or perfect).

1. Skill learning is accomplished by trial and error and correcting, at practice, until you have perfected your flip turn. FORGET past errors and REMEMBER successful responses.
2. Your success mechanism must have a goal--in this case, a perfect flip turn. It operates by steering you to this goal.
3. The automatic mechanism is established for your turn--timing, tuck, push-off, streamline. Think positively of this result, and the "means whereby" will take care of itself.
4. Do not be afraid to make mistakes. Your servo-mechanism achieves this goal by correcting any mistakes and moving forward.
5. Learn to trust your creative mechanism and

not "jam it" by being too anxious. You must "let it" work, rather than "make it" work.

6. De-hypnotize yourself of negative thoughts. Use your imagination and program yourself for success with positive thoughts and actions, by seeing and thinking perfect flip turns. Put yourself on automatic, and when it's meet time, the servo-mechanism will guide you.

In summary, your success program should include the following:

- Establish goals or targets.
- Develop self-confidence and correct errors.
- Keep trying; forget failures; remember successes.
- Have faith; don't wait for proof--"let" your creative mechanism work; don't "make" it work.
- Use mental practice by using imagery and self-hypnosis.

Anyone wanting additional information, or having personal questions, please send a large SASE to: Dr. Paul Hutinger; 1755 Georgia Ave. N.E.; St. Pete, FL 33703.

You can e-mail me at: phut@usms.org

At the St. Pete Meet in April, **Paul Hutinger** was warming up in the same lane with a younger swimmer who had very efficient, smooth, and powerful strokes. After his warmup, the sleek, muscular younger swimmer walked up the steps at the east end. Paul scanned his body, then commented, "I just wondered where you hid the motor to make you swim so fast. You remind me of **Matt Biondi**." **Jon Olsen**, medal winner at the 1996 Atlanta Olympics, beamed and expressed his appreciation.



Top Ten

April, 1999

TOP TEN AND RECORDS REPORT

Margie Hutinger

I completed the FL LMSC Short Course Yards records, **adding relays**, through 1998, and they are posted on our LMSC Web Site. I also have them available in print, for your team and to display at meets. Since we have records, I want them to be accessible to the swimmers. While updating these, I struggled to decide whose times should be listed. Meets outside of FL? Who's a non-resident? To keep it simple, I proposed a rule clarification at the LMSC meeting in St. Pete-. **ALL times for ALL FL LMSC swimmers, swum at any meet, anywhere in the world, will be considered for Top 5 and records. If you swim in a meet outside the FL LMSC, it is your responsibility to send a copy of your official time, date, place of meet, to me, the Top Ten Recorder.** This passed.

While working on the 1998 records, I also noted that there were **only four** FL LMSC teams (in three courses) in the Top Ten in the 400 and 800 relays. My suggestion to the meet directors is to open up the competition and add these relays to your meets. We have the talent, why not give more of our swimmers the opportunity to be recognized? How about a relay meet? The possibilities are endless.

ATTENTION: AGE RULE CHANGE

Starting Jan. 1, 1999, the determining date for AGE has been changed for all SC M and LCM meets. Your age shall be determined by your age as of December 31, of the year of competition. For SCY, no changes--your age remains your age on the last day of the meet.

Our sincere condolences go out to Al Soltis (our Mr. D.Q.), who lost his wife Marge on April 12 after a 4 year battle with cancer. Al said this about his lady love...

"Marge was proud to be a part of our swimming family, and I know, as she shared that with me in so many ways as she traveled, worked, and yes talked about her experiences at our swim meets. You made her welcome and a part of our group. Thank you." Al

FLORIDA LMSC RECORDS

Short Course Yards (As of 5/31/98)

W O M E N

50 FREE		100 FREE		200 FREE		500 FREE		1000 FREE		1650 FREE	
19-24	24.67 Sudi Miller HLJ-91	53.89 Mary Wayte HLJ-90	1:57.18 Mary Wayte HLJ-90	5:21.59 Maureen Jones SCM-86	11:13.60 Maureen Jones SCM-86	18:27.14 Maureen Jones SCM-86					
25-29	24.27 Mary Holmes HLJ-88	53.52 R Seaman HLJ-86	1:52.85 Mary Holmes HLJ-86	4:59.52 Mary Holmes HLJ-88	10:32.45 Mary Holmes HLJ-88	18:11.49 Mary Roebuck HLJ-90					
30-34	25.36 Mary Roebuck HLJ-92	51.3 R Seaman HLJ-88	2:00.76 Mary Roebuck HLJ-94	5:33.25 Mary Roebuck HLJ-92	11:17.90 V Richardson IRCC-97	18:13.85 Mary Roebuck HLJ-94					
35-39	25.11 C Shonkwiler DSMC-96	55.31 C Shonkwiler SPM-98	2:02.04 C Shonkwiler ORLM-97	5:34.88 C Shonkwiler ORLM-97	11:29.44 C Shonkwiler UNA-98	19:43.07 Cathy Shonkwiler ORLM-97					
40-44	25.61 Martha Martin ORLM-91	55.86 R Seaman ORLM-98	2:04.65 SHalfacre 300-97	5:30.24 SHalfacre HLJ-95	12:20.52 Wanda Brown BRAT-97	19:24.94 Susan Halfacre 300-97					
45-49	28.59 Anne Page SPM-97	1:03.65 S VanRoyen ORLM-90	2:21.71 S VanRoyen ORLM-90	6:25.00 Lynn Cartee SMS-94	13:01.66 Laurie Grubbs BRAT-97	21:57.56 Pam Geiger SPM-98					
50-54	29.67 Lynn Cartee SWIM-98	1:04.24 Jayne Lambke SPM-91	2:25.71 Jayne Lambke SPM-90	6:37.00 Lynn Cartee SWIM-98	13:41.06 Jayne Lambke SPM-90	22:39.73 Jayne Lambke SPM-90					
55-59	30.25 Jayne Lambke SPM-98	1:06.98 Jayne Lambke SPM-98	2:29.62 Jayne Lambke SPM-97	6:43.48 Jayne Lambke SPM-97	14:06.55 Jayne Lambke SPM-97	23:19.97 E Bromwich SPM-98					
60-64	34.44 Peg Morrison 80	1:15.76 Jean Garbus SWIM-97	2:29.27 Peg Morrison 83	7:13.10 Peg Morrison 83	16:33.88 N Durstein CATM-93	26:14.97 Peg Morrison 83					
65-69	33.68 Florence Carr HLJ-93	1:14.98 Florence Carr HLJ-93	2:48.40 Florence Carr HLJ-92	7:38.82 Florence Carr SPM-94	15:33.87 Florence Carr HLJ-92	26:14.77 Florence Carr HLJ-92					
70-74	33.67 Florence Carr SPM-96	1:17.60 Florence Carr SPM-96	2:54.18 Florence Carr SPM-97	7:55.52 Florence Carr SPM-96	17:10.34 Florence Carr SPM-96	29:09.78 Florence Carr SPM-96					
75-79	41.62 B Cederlund SPCO-97	1:35.54 B Cederlund SPCO-97	3:06.74 B Cederlund SPCO-97	9:31.69 B Cederlund SPCO-97	19:53.29 Kay Schimpf SPM-05	33:14.90 Ruth Switzer SMS-84					
80-84	45.77 N O'Connell SPCO-97	1:41.59 N O'Connell SPCO-97	3:59.72 N O'Connell SPCO-97	10:26.07 N O'Connell ORLM-98		37:46.00 Kay Schimpf SPM-98					
85-89	1:09.65 M McKechnie SPM-94	2:23.95 M McKechnie SPM-90	5:49.35 M McKechnie SPM-92	14:15.17 M McKechnie SPM-90							
90-94											
95-99											
50 BACK		100 BACK		200 BACK		50 BREAST		100 BREAST		200 BREAST	
19-24	28.89 Sudi Miller HLJ-91	1:01.74 Mary Wayte 90	2:15.05 Dawn Braciak SPM-87	33.13 Sudi Miller HLJ-91	1:09.75 Sudi Miller HLJ-91	2:40.40 Esther Smith UNA-94					
25-29	28.3 Michelle Falls 83	58.95 Tanya Lane SPM-98	2:04.69 Tanya Lane SPM-98	31.69 Danice Eaton SPM-98	1:09.43 Danice Eaton SPM-98	2:25.35 Tanya Lane SPM-98					
30-34	28.88 V Richardson IRCC-97	1:02.95 V Richardson IRCC-97	2:13.72 V Richardson IRCC-97	30.19 R Seaman HLJ-88	1:06.42 R Seaman HLJ-88	2:33.45 Maud Orlando DSMC-96					
35-39	29.08 C Shonkwiler ORLM-97	1:05.11 C Shonkwiler ORLM-97	2:29.27 Rozanna Miller 96	33.07 Maud Orlando SPM-98	1:11.95 Deb Walker SMS-89	2:40.89 Deb Walker SCM91					
40-44	30.79 K Adams JAM-97	1:06.80 SHalfacre 300-97	2:25.69 J Stefanick SPM-92	32.36 R Seaman ORLM-98	1:11.37 R Seaman ORLM-98	2:38.99 Deb Walker SMS-92					
45-49	35.41 M Dodson HLJ-98	1:17.51 M Dodson HLJ-98	2:57.89 Suzy Carlson SMS	35.39 Deb Walker SWIM-97	1:16.53 E Bromwich SPM-89	2:47.43 Deb Walker SWIM-98					
50-54	37.2 Lynn Cartee SWIM-98	1:23.34 Eliz Kirby 86	3:01.86 Eliz Kirby 86	36.58 E Bromwich SPM-95	1:18.11 E Bromwich SPM-93	2:52.16 E Bromwich SPM-95					
55-59	38.93 Jayne Lambke SPM-95	1:28.88 E Bromwich SPM-98	3:06.21 E Bromwich SPM-98	36.86 E Bromwich SPM-98	1:21.90 E Bromwich SPM-98	2:55.47 E Bromwich SPM-98					
60-64	41.88 S Holiday SMS-95	1:30.44 Peg Morrison 83	3:12.49 Peg Morrison 83	42.03 SylviaEisele SWIM-93	1:33.56 Jacquelyn Piper SPM-97	3:25.09 Jacquelyn Piper SPM-97					
65-69	41.34 B Cedertund SPCO-90	1:32.76 Florence Carr SPM-94	3:12.49 Peg Morrison 83	41.75 SylviaEisele SWIM-95	1:34.39 SylviaEisele SWIM-95	3:26.39 SylviaEisele SWIM-96					
70-74	41.79 B Cederlund SPCO-96	1:35.78 B Cedarland SPCO-92	3:35.76 B Cedarland SPCO-94	45.3 Gertrud Zint DAM-88	1:45.71 Gertrud Zint HLJ-90	3:55.15 Gertrud Zint HLJ-90					
75-79	42.92 B Cederlund SPCO-97	1:39.96 B Cederlund SPCO-97	3:42.93 B Cederlund SPCO-97	49.31 Gertrud Zint HLJ-94	1:49.55 Gertrud Zint HLJ-93	4:04.68 Gertrud Zint HLJ-93					
80-84	53.5 Carrie Merson 78	2:19.55 Y Wiencke IRCC-97	4:55.73 Kay Schimpf SPM-98	59.02 HelmiMeise BSAM-93	2:14.34 Kay Schimpf SPM-98	4:55.48 Kay Schimpf SPM-98					
85-89	1:16.04 M McKechnie SPM-92	2:45.73 M McKechnie SPM-90	6:09.49 Sally Scott HLJ-94	1:51.83 Sally Scott HLJ-94		9:18.86 Sally Scott HLJ-94					
90-94		3:29.20 M McKechnie SPM-95									
95-99											
50 FLY		100 FLY		200 FLY		100 I.M.		200 I.M.		400 I.M.	
19-24	27 Sudi Miller HLJ-91	59.27 Sudi Miller HLJ-91	2:22.20 Meg Bell SPM-86	1:00.54 Sudi Miller HLJ-91	2:19.90 Sudi Miller HLJ-91	5:01.72 Maureen Jones SCM-87					
25-29	26.47 R Seaman HLJ-86	57.92 R Seaman HLJ-86	2:11.14 L Welting FAM-91	1:00.34 Tanya Lane SPM-98	2:09.13 Tanya Lane SPM-98	4:42.75 L Welting FAM-91					
30-34	25.76 R Seaman HLJ-88	56.5 R Seaman HLJ-88	2:16.22 V Richardson IRCC-97	59.02 R Seaman HLJ-88	2:14.57 V Richardson IRCC-97	4:51.44 V Richardson IRCC-97					
35-39	27.12 C Shonkwiler DSMC-96	1:00.87 C Shonkwiler DSMC-96	2:24.50 Anne Grams 83	1:04.83 R Seaman ORLM-97	2:21.01 R Seaman ORLM-97	5:05.49 Anne Grams 83					
40-44	27.67 R Seaman ORLM-98	1:01.62 R Seaman ORLM-98	2:37.84 J Stefanick SPM-92	1:04.30 Martha Martin ORLM-91	2:23.58 R Seaman ORLM-98	5:25.13 J Stefanick SPM-92					
45-49	31.17 Barb Hoellen	1:11.32 Barb Hoellen	2:58.15 E Bromwich SPM-90	1:12.59 Lynn Cartee SMS-94	2:43.11 Lynn Cartee SMS-94	5:51.86 E Bromwich SPM-90					
50-54	33.3 Jayne Lambke SPM-89	1:18.61 Jayne Lambke SPM-90	3:01.95 E Bromwich SPM-95	1:15.53 Lynn Cartee SWIM-98	2:52.82 E Bromwich SPM-95	6:00.68 E Bromwich SPM-93					
55-59	34.46 Jayne Lambke SPM-98	1:24.27 Jayne Lambke SPM-97	3:08.00 Jayne Lambke SPM-95	1:19.83 Jayne Lambke SPM-97	2:58.34 E Bromwich SPM-98	6:07.40 E Bromwich SPM-98					
60-64	42.08 Jean Garbus SWIM-97	1:37.37 SylviaEisele SWIM-93	3:31.67 SylviaEisele SWIM-91	1:30.98 Jean Garbus SWIM-98	3:21.96 Jean Garbus SWIM-97	7:05.51 SylviaEisele SWIM-93					
65-69	39.04 Florence Carr SPM-94	1:38.27 SylviaEisele SWIM-97	3:38.17 SylviaEisele SWIM-97	1:28.07 Florence Carr SPM-94	3:12.65 Florence Carr SPM-94	7:07.78 Florence Carr HLJ-93					
70-74	40.85 Florence Carr SPM-97	1:47.98 Florence Carr SPM-97	4:17.65 June Reynolds HLJ-92	1:30.98 Florence Carr SPM-96	3:23.52 Florence Carr SPM-97	7:53.59 Florence Carr SPM-96					
75-79	49.04 Gertrud Zint HLJ-93	1:48.66 Gertrud Zint HLJ-94	4:10.07 Gertrud Zint HLJ-94	1:47.76 Gertrud Zint HLJ-94	3:52.62 Gertrud Zint HLJ-94	8:41.11 Kay Schimpf SPM-92					
80-84	1:02.27 Kay Schimpf SPM-98	2:18.64 Kay Schimpf SPM-98	5:41.70 Anne Wilder IRCC-94	2:09.43 Kay Schimpf SPM-98	4:45.18 Kay Schimpf SPM-98	9:55.23 Kay Schimpf SPM-98					
85-89		6:21.25 Sally Scott HLJ-96	13:17.96 Sally Scott HLJ-96								
90-94											
95-99											

When you compete outside the FL LMSC and want your times included for records and the Top 5, send a **copy of your official time, date, place of meet**, to: Margie Hutinger, 1755 Georgia Ave NE, St Petersburg, FL 33703. This will insure the integrity and accuracy of the FL LMSC records. If you have questions, call Margie Hutinger: 727-521-1172 or e-mail: phut@usms.org
Let me know if you can supply any missing teams or dates, or if I have inadvertently left out any times.

FLORIDA LMSC RECORDS

Short Course Yards (As of 5/31/98)

M E N

50 FREE		100 FREE		200 FREE		500 FREE		1000 FREE		1650 FREE	
19-24	21.79 James Smith UNA-94	47.57 C Stevenson FAST-88	1:44.36 C Stevenson FAST-88	4:42.10 C Stevenson FAST-89	10:46.94 K Predmore 92	17:10.44 A Constantini TEAM-93					
25-29	21.01 Doug Soltis TBR-88	46.69 Doug Soltis TBR-88	1:43.67 Mike Heath	4:43.34 C Stevenson FAM-91	11:00.95 J Cuddeback 86	17:07.79 Cyle Sage FAM-91					
30-34	21.49 C M Halfast SPM-98	47.18 Stuart Barton SPM-98	1:46.11 Stuart Barton SPM-98	4:49.80 Meisenheimer	10.20.74 R Nichols	17:17.60 T Smith UNA-92					
35-39	22.04 M Shepardson 96	48.93 Meisenheimer ORLM-95	1:47.97 Meisenheimer 1:47.97	4:58.67 W Specht SPM-94	10:41.27 Meisenheimer ORLM-93	17:52.04 Meisenheimer ORLM-95					
40-44	22.63 Fred Ehmkre ORLM-97	49.57 Jeff Perout HLJ-96	1:49.99 Jeff Perout HLJ-95	5:09.70 Jeff Perout 300-97	10:53.75 Tim Kennedy SPM-98	18:09.83 Paul Wise JAM-96					
45-49	22.85 Thomas Peek HLJ-93	51.08 Thomas Peek HLJ-93	1:57.09 Burwell Jones 78	5:18.49 Burwell Jones 78	11:22.82 John Edwards SPM-96	18:52.01 Rick Walker SWIM-98					
50-54	23.9 Bob Bailie SPCO-88	52.62 Bob Bailie SPCO-88	1:59.64 Burwell Jones SMS-85	5:25.99 Burwell Jones SMS-85	11:36.51 Burwell Jones SMS-85	18:53.29 Burwell Jones SMS-85					
55-59	26.03 Chuck Thomas 82	57.39 Burwell Jones HLJ-90	2:02.93 Burwell Jones SSC-88	5:32.17 Burwell Jones SSC-88	12:34.02 Burwell Jones	19:02.45 Burwell Jones SSC-88					
60-64	26.49 Jack Beattie ORLM-96	59.31 Dren Geer SWIM-98	2:13.61 Jerry Glancy ORLM-98	6:10.76 Jerry Glancy ORLM-98	13:28.48 Jack Beattie ORLM-96	23:19.27 Robert Beach SPM-92					
65-69	27.77 Paul Hutinger SPM-93	1:03.87 R MacDonald SPM-95	2:28.70 John Woods UNA-90	7:00.21 Paul Hutinger SPM-94	14:24.96 John Woods UNA-90	25:10.02 C Kohnken SPM-97					
70-74	28.18 Paul Hutinger SPM-96	1:09.12 T Smith SPM-98	2:40.29 John Woods SMS-93	7:11.90 Paul Hutinger SPM-95	15:36.43 Paul Hutinger FMM-97	26:22.51 Paul Hutinger FMM-97					
75-79	32.1 Bill Molvie SPM-94	1:15.10 Bill Molvie SPM-94	2:59.68 C Lindstrand CFM-87	8:24.39 N Skjersaa ORLM-93	17:35.24 J Johnston SPM-91	29:00.76 N Skjersaa ORLM-93					
80-84	34.24 B Cleveland ORLM-98	1:24.89 B Cleveland ORLM-98	3:12.98 B Cleveland ORLM-98	9:57.55 William Molloy SPM-91	20:16.66 J Johnston SPM-96	33:32.30 J Johnston SPM-96					
85-89	40.46 C Lindstrand UNA-97	1:31.54 C Lindstrand LOCH-98	3:37.29 C Lindstrand UNA-97	10.46.05 Fred Walbolt SPM-98							
90-94	52.75 Peter Jurczyk IRCC-96	2:15.10 Peter Jurczyk IRCC-97	5:00.07 Peter Jurczyk IRCC-97								
95-99											
50 BACK		100 BACK		200 BACK		50 BREAST		100 BREAST		200 BREAST	
19-24	24.37 C Stevenson FAST-88	53.24 James Smith UNA-94	1:58.24 C Stevenson FAST-88	28.38 Doug Soltis 87	1:00.26 Marc LaPalme 89	2:19.76 Jack Thomas 96					
25-29	24.4 Coy Cobb FHA-91	52.64 C Stevenson HLJ-92	1:54.57 S Barnicoat ORLM-89	26.18 Doug Soltis TBR-88	56.94 Doug Soltis TBR-88	2:03.69 Doug Soltis TBR-88					
30-34	25.54 W Specht SPM-93	52.57 W Specht SPM-91	2:01.37 Chris Olden SPM-95	26.71 Miltenberger 83	59.44 Miltenberger NFM-82	2:12.05 M Drews 88					
35-39	24.92 W Specht SPM-97	52.88 W Specht SPM-97	1:55.77 W Specht SPM-97	27.16 Miltenberger 88	59.19 Miltenberger	2:13.73 Miltenberger 88					
40-44	24.57 W Specht SPM-98	52.76 W Specht SPM-98	1:54.01 W Specht SPM-98	28.89 Miltenberger ORLM-93	1:03.06 Miltenberger ORLM-93	2:26.57 Art Haltunen SPM-91					
45-49	26.76 V Daniels III HLJ-93	1:01.59 Burwell Jones 78	2:18.07 Burwell Jones 78	30.47 Miltenberger ORLM-97	1:07.60 Miltenberger ORLM-97	2:30.06 Rick Walker SMS-96					
50-54	29.15 Jack Beattie 88	1:01.93 John Smith	2:23.55 Burwell Jones SMS-85	30.57 Scott Guthrie BRAT-98	1:09.06 Scott Guthrie BRAT-98	2:38.48 VanDerVeen SPM-96					
55-59	30.3 Burwell Jones HLJ-90	1:05.25 Burwell Jones	2:20.58 Burwell Jones SSC-88	33.39 T Koenig HLJ-91	1:14.88 T Koenig HLJ-91	2:51.24 David Gifford DLNM-97					
60-64	31.35 Jack Beattie ORLM-95	1:06.55 Jerry Glancy ORLM-98	2:27.41 Jerry Glancy ORLM-98	33.83 T Koenig HLJ-92	1:15.49 T Koenig HLJ-92	2:53.22 R MacDonald					
65-69	31.26 Paul Hutinger SPM-93	1:10.78 Paul Hutinger SPM-93	2:38.33 Paul Hutinger SPM-93	36.03 T Koenig OMSC-98	1:19.01 R MacDonald SPM-95	2:56.44 R MacDonald SPM-95					
70-74	31.84 Paul Hutinger SPM-95	1:11.56 Paul Hutinger SPM-95	2:42.35 Paul Hutinger SPM-95	38.08 Paul Hutinger SPM-98	1:26.35 T Smith SPM-98	3:07.79 Paul Hutinger SPM-95					
75-79	38.89 Bill Molvie SPM-94	1:28.65 Bill Molvie SPM-94	3:37.78 C Thornburg SPM-88	41.59 Russ Witte SPCO-92	1:34.04 Russ Witte SPCO-92	3:31.39 Russ Witte SPCO-92					
80-84	48.27 F Tillotson SPM-95	1:47.61 C Thornburg HLJ-93	3:57.50 C Thornburg HLJ-94	44.82 B Cleveland ORLM-98	1:43.26 B Cleveland ORLM-98	4:02.31 B Cleveland ORLM-98					
85-89	58.84 Peter Jurczyk IRCC-94	2:09.98 Peter Jurczyk IRCC-94	4:45.54 Peter Jurczyk IRCC-94	1:19.06 Frank Starr FMM-97	3:17.83 Frank Starr FMM-98						
90-94	1:01.71 Peter Jurczyk IRCC-97	2:17.30 Peter Jurczyk IRCC-96	5:00.74 Peter Jurczyk IRCC-96								
95-99											
50 FLY		100 FLY		200 FLY		100 I.M.		200 I.M.		400 I.M.	
19-24	23.36 C Stevenson FAST-89	51.63 C Stevenson FAST-89	1:53.38 C Stevenson FAST-89	55.89 C Stevenson FAST-89	2:02.79 Marc LaPalme 89	4:26.56 S Kupiszewski 85					
25-29	22.7 Coy Cobb FHA-91	51.13 C Stevenson HLJ-92	1:54.27 C Stevenson FAM-91	52.66 Doug Soltis TBR-88	1:58.56 S Barnicoat	4:22.63 David Zubero FAST-86					
30-34	23.69 David Zubero 90	52.22 Stuart Barton SPM-98	1:57.69 W Specht SPM-93	53.58 M Drews 88	1:58.18 Michael Drews 88	4:17.58 Michael Drews 88					
35-39	23.03 W Specht SPM-97	50.65 W Specht SPM-97	1:51.85 W Specht SPM-97	55.1 Miltenberger 88	2:04.26 Michael Drews 93	4:32.99 S McMillen					
40-44	23.28 W Specht SPM-98	51.13 W Specht SPM-98	1:52.01 W Specht SPM-98	59.11 Jeff Perout 300-97	2:07.96 S McMillen IRCC-96	4:38.48 S McMillen IRCC-94					
45-49	25.03 K McCormack SWIM-98	55.34 K McCormack SWIM-98	2:14.91 Gary Bastie SPM-98	59.45 Miltenberger ORLM-98	2:13.31 Burwell Jones 80	4:55.32 Burwell Jones 80					
50-54	26.78 Bob Bailie SPCO-88	1:03.14 E Leskowitz HLJ-89	2:29.78 E Leskowitz HLJ-89	1:00.96 John Smith	2:15.42 Burwell Jones SSC-88	4:57.03 Burwell Jones SSC-88					
55-59	29.65 Burwell Jones 89	1:05.88 Burwell Jones SSC-88	2:35.32 T Mahaffy HLJ-91	1:03.11 Burwell Jones SSC-88	2:17.88 Burwell Jones SSC-88	5:03.72 Burwell Jones SSC-88					
60-64	30.61 T Smith SPM-88	1:11.79 T Smith SPM-88	2:58.23 Dren Geer SWIM-98	1:08.26 Burwell Jones HLJ-97	2:34.54 Jack Beattie ORLM-95	6:08.77 R MacDonald					
65-69	29.79 Paul Hutinger SPM-93	1:17.39 T Smith SPM-95	3:00.01 T Smith SPM-96	1:11.39 Paul Hutinger SPM-93	2:45.28 Paul Hutinger SPM-93	6:17.45 Paul Hutinger SPM-94					
70-74	31.51 Paul Hutinger SPM-95	1:22.73 T Smith SPM-98	3:15.41 H Moseley 89	1:14.58 Paul Hutinger SPM-95	2:54.03 Paul Hutinger SPM-95	6:21.59 Paul Hutinger SPM-95					
75-79	40.67 Bill Stinson SPM-84	1:40.97 Bill Stinson SPM-84	3:56.43 John Johnston SPM-91	1:34.59 J Johnston SPM-92	3:30.78 J Johnston SPM-91	7:41.94 J Johnston SPM-91					
80-84	53.91 C Thornburg HLJ-93	2:04.98 C Thornburg HLJ-93	4:38.08 Bill Stinson SPM-89	1:41.40 B Cleveland ORLM-98	4:09.28 B Cleveland ORLM-98	9:00.55 C Thornberg HLJ-93					
85-89				2:25.74 Peter Jurczyk IRCC-93							
90-94	1:35.70 Peter Jurczyk IRCC-96			2:37.44 Peter Jurczyk IRCC-96	6:05.27 Peter Jurczyk IRCC-96						
95-99											

When you compete outside the FL LMSC and want your times included for records and the Top 5, send a **copy of your official time, date, place of meet**, to: Margie Hutinger, 1755 Georgia Ave NE, St Petersburg, FL 33703. This will insure the integrity and accuracy of the FL LMSC records. If you have questions, call Margie Hutinger: 727-521-1172 or e-mail: phut@usms.org
 Let me know if you can supply any missing teams or dates, or if I have inadvertently left out any times.

1999 United States Masters Swimming 3000/6000 Yard Postal National Championships



Sponsored by **FLORIDA MAVERICK MASTERS**

Sanctioned by Florida LMSC for USMS, Inc. #149-008

EVENTS: Individual 3000 yds. (120 lengths) and/or 6000 yds. (240 lengths) and 3 & 4 person team relay Postal National Championships.

WHEN & WHERE: Any time between September 1 and October 31, 1999 in a 25 yard pool. **No conversions from metric pools permitted.**

ELIGIBILITY: Any swimmer registered with USMS or a similar body in their own country for 1999. **A copy of your 1999 registration card must accompany your entry (NO EXCEPTIONS).**

CATEGORIES:

+Individuals: The age groups are (W & M) 19-24, 25-29, 30-34.....100+. The swimmer's age on the day the event is swum determines the entrant's age group. **+Individuals-Dual Entries:** Swimmers who change age groups during September or October may enter in each age group, but must swim twice, once at each age.

+Team Relay Event: Three teams will be contested: three women, three men, and a four swimmer mixed team (two women and two men), **a new category.** Each team member must also have entered the individual event and be registered with the same club. The cumulative time for the individual swims will be the team time. The age of the youngest member determines the age group of the team: 19+, 25+, 35+.....95+. Unattached teams are not permitted.

AWARDS: USMS Championship Long Distance medals will be awarded to the first three places in each age group in the **individual and team relay** events. First place winners will also receive Long Distance championship patches.

Club scoring will be tabulated based on the top ten individual finishers in each age group (11-9-8-7-6-5-4-3-2-1). The top 3 clubs will receive awards.

RESULTS: Complete results will be sent to all entrants by December 10, 1999.

RULES: Drafting other swimmers, flotation, and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. Drafting is defined as having more than one swimmer circle swimming in a lane. For purposes of this event, no more than two swimmers may share a lane, each swimming the duration on either the right or the left side of the lane. USMS Long Distance Swimming rules require an adult acting as starter/referee be present and a verifier count lengths, record cumulative splits, time the event with a stopwatch, and sign the official entry form, as must the swimmer. **Please use the split sheet included with the entry form.** Final time for 3000 or 6000 yards must be recorded to the hundredth of a second. A 3000 yard split in the 6000 yard event may be submitted for a record, but will not be accepted as an entry for the 3000 yard event. **Events must be swum separately.**

FEES: Individual entry fee for each event is \$10 per swimmer. USMS registered clubs that submit 10 or more individual entries in the same envelope will be eligible for a **reduced individual entry fee** of \$7 each. **Relay entry fees** are \$12 per relay. Results and awards for clubs taking advantage of reduced fees will be sent to the club representative. All fees are non-refundable.

DEADLINE: Entries must be received by **November 10, 1999.** Late entries will be returned to the sender. FAX entries will not be accepted. Incomplete or incorrect entries will be returned, and must be resubmitted by the deadline.

T-SHIRTS: A 1999 3000/6000 Postal T-shirt, complete with frog logo, may be ordered for \$15 with your individual entry.

INFORMATION: Contact: Margie Hutinger; 1755 Georgia Ave. NE; St. Petersburg, FL 33703; or e-mail phut@usms.org; or phone (727) 521-1172.



Split Sheet--1999 USMS 3000/6000 Yard Postal National Championship

Record CUMULATIVE time (to 10ths) for each 50 yds and final time to 100th.

50	1050	2050	3050	4050	5050
100	1100	2100	3100	4100	5100
150	1150	2150	3150	4150	5150
200	1200	2200	3200	4200	5200
250	1250	2250	3250	4250	5250
300	1300	2300	3300	4300	5300
350	1350	2350	3350	4350	5350
400	1400	2400	3400	4400	5400
450	1450	2450	3450	4450	5450
500	1500	2500	3500	4500	5500
550	1550	2550	3550	4550	5550
600	1600	2600	3600	4600	5600
650	1650	2650	3650	4650	5650
700	1700	2700	3700	4700	5700
750	1750	2750	3750	4750	5750
800	1800	2800	3800	4800	5800
850	1850	2850	3850	4850	5850
900	1900	2900	3900	4900	5900
950	1950	2950	3950	4950	5950
1000	2000	3000	4000	5000	6000

Individual Entry

Name _____ Female Male Age _____ Date of birth ____/____/____
Print, First Last Day of swim
 Address _____ Phone (____) _____
 City _____ State _____ Zip _____ Country _____
 Club _____ Abbr. _____ Registration No. _____

Relay Team Entry 3000 6000 Age Group _____ 3 Women 3 Men 4 Mixed

Swimmer's Name (Print)	Age	Sex	Time
#1		<input type="checkbox"/> F <input type="checkbox"/> M	
#2		<input type="checkbox"/> F <input type="checkbox"/> M	
#3		<input type="checkbox"/> F <input type="checkbox"/> M	
#4		<input type="checkbox"/> F <input type="checkbox"/> M	

Relay entries without individual entries and payment WILL NOT be accepted. Total time _____

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

I certify that I have read the rules of this competition and that on

____/____/____, 1999, I swam either 3000 yds. OR 6000 yds. in _____ : _____ : _____
Date Official time

Signature of swimmer (required)

Date

Signature of verifier (required)

Have you included a copy of your registration card? **NO CARD; NO ENTRY**

T-Shirts: M L XL Quantity _____ x \$15 _____

Entry fees: # Swimmers: 1 > 9 Individual entries = \$10 _____

OR 10 > Individual entries = \$ 7 _____

Relay = \$12 _____

Make checks payable to: Florida Maverick Masters **TOTAL \$\$\$** _____

Received by Nov. 10, 1999 to: 1999 3000/6000 Postal Swim

c/o Margie Hutinger; 1755 Georgia Ave. NE; St. Petersburg, FL 33703

(cont...Masters Swimming - Are You Ready For It?)

A look into my own past

While growing up in the world of age-group swimming, I believed, too, that Masters Swimmers were old, weak, slow people swimming solely for health purposes. Don't get me wrong, I try not to stereotype or prejudice others, but I, like the above mentioned young swimmers had preset ideas of what Masters Swimming was all about.

These past few years, everyone and everything I have met in the world of Masters Swimming has shown me something completely opposite. Respect and admiration are what I feel for Masters Swimming and the athletes involved.

Tampa Bay

Three weeks ago at the Inaugural Tampa Bay Marathon Swim, a twenty-four mile Open Water Marathon open solely to Masters Swimmers, I realized that many people hold false opinions about the world of Masters Swimming. At the pre-race meeting, one could easily be confused as to whom was actually swimming in the race and who was going to be in the support boats. Even I was mistakenly asked, "Who are you going to be paddling for in this race?"

I must admit that we were a motley looking group. Our ages ranged from me, the "baby" of the group at twenty-five, to Dr. Konrad Euler at age sixty-three. Our work, professions, our home-towns and body builds were as diverse as our ages. Yet, we shared one common thread; a desire to swim twenty-four miles across the Tampa Bay. If you were just looking at our age and body structures to determine whether or not you thought we would finish, well, then, you were missing the boat!

9 a.m.

At nine-o'clock in the morning, everyone headed out for our goal, a ten-foot ladder to a dock at Rocky Point, across Tampa Bay from St. Petersburg, which marked the finish point. The water was smooth after the first few hours, and it was a beautiful, cloudless day, ideal for a long swim. After four-o'clock in the afternoon, a crowd of spectators began to grow at Rocky Point in Tampa. Some of the spectators were media, family members and friends of the swimmers; the rest were there to watch out of curiosity. Comments and projections as to how many swimmers would actually finish or when the first swimmer would climb the dock's ladder were peppered throughout the crowd. Some

spectators went as far as to comment, "No one is going to finish!"

5:30 p.m.

At 5:30 p.m. the crowd that had been waiting, began to see and understand what the world of Masters Swimming is about. One by one, regardless of age, height, weight, or professions, we swam towards the finish line - climbed the ladder to land - to reach our goal. At last, we had accomplished what we had set out to do!

I can assure you that not one person in that crowd could say they saw the swimmers that climbed that ladder after more than eight hours in the water as weak, old or slow! Instead, they witnessed what had been there all along; strength, endurance, determination and commitment. Athletes who knew how to enjoy a sport they love!

Perceptions aren't always correct

If you still think that Masters Swimmers are just a bunch of older, overweight, slow swimmers, I suggest you get to the nearest Masters Swimming team, Masters competition or Open Water event and see for yourself. Masters Swimming is much more than just age, speed or body type.

As USMS's website, <http://www.usms.org> states, "We are many things to many swimmers and everyone interested in swimming is always welcome."

Still dreading the day that you will become a Master Swimmer or too embarrassed to admit that you already are? Don't be! I no longer stand in shock to the statements made by young age-group swimmers. I stand up and shout, "I am a Master Swimmer and proud of it!"

Are you ready to join me?

*Reprinted from the Masters Section of **Swim Sport** (a new internet magazine) at <http://www.swimsport.com>. Check it out!*

FLORIDA

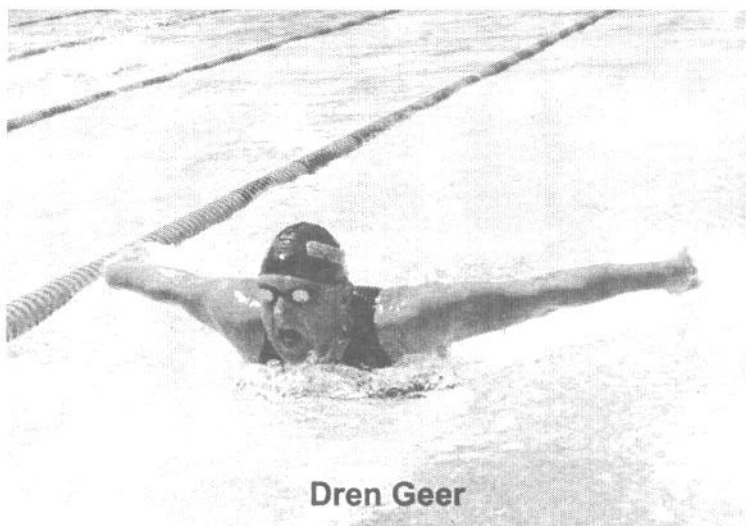
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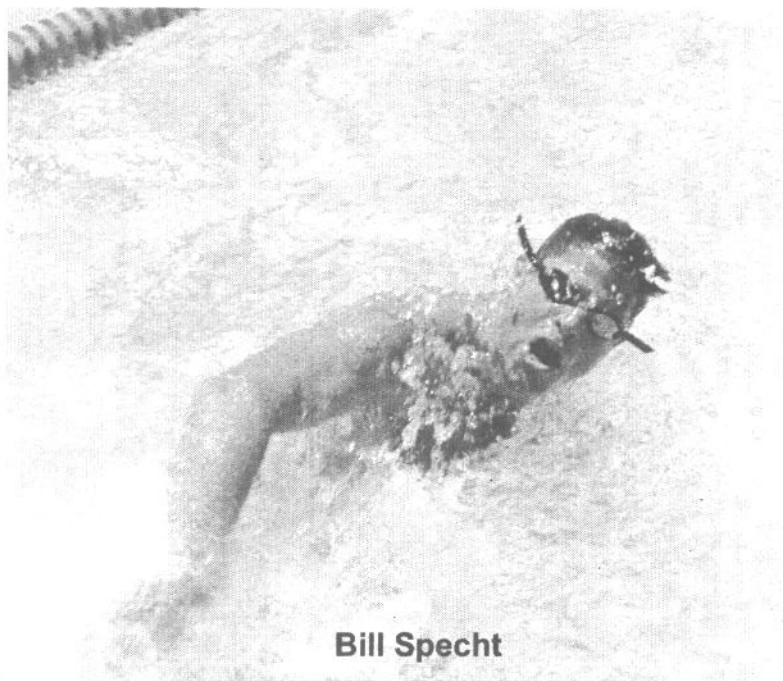
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- Florida LMSC SCY Records!
- Photos!



Dren Geer



Bill Specht

Attention Team Reps:
Deadline for August Issue is
July 10 , 1999

Send all Copy and Photos to
Jim Donnelly, Editor
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